A PRIVATE ADVICE.

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Formerly ſold at the

TEMPLE OF HYMEN,

BY THE

DOCTOR HIMSELF,

For ONE GUINEA.

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PRIVATE ADVICE,

TO

Married Ladies and Gentlemen.

TO man, the moſt excellent and noble creature in the world, the principal and mighty work of God, wonder of nature! as Zoroaſtes calls him, *Audacis Naturea Miraclum*, ſovereign lord of the earth, viceroy of the world, ſole commander and governor of all creatures in it; and to thoſe lovely ladies who have heavenly beauties in their eyes, grace in their ſteps, and in their looks dignity and fame heroines of the melting kiſs, and reigning goddeſſes of heaven-born luſ-

cious love ; I earneſtly recommend the following precepts : it is an undoubted fact, that the imbecility of men ariſes chiefly from high living, and debauchery, and the ill health of the ladies from high and ſometimes too delicate living, from the fatigues and agitation of pride, paſſion, gaming and late hours, and from the uncontrouled indulgence of every fooliſh deſire and inordinate paſſion.

Cuſtoms ſo prevailing in England, that foreigners of all diſtinction reprobate in the moſt ſevere terms. *Temperance*, let me entreat every gentleman and lady ſtrictly to adhere to, who would wiſh to have children to become ornaments to ſociety, and adorn the age in which they exiſt, to retire to bed ſerene, cool and tranquil about ten o'clock, to riſe at ſix, is very conducive to health ; for ten years paſt I have paid particular attention to female complaints, and to every thing that is connected with the propagation of the human ſpecies ; and am now enabled to favour the world with advice and inſtruction, the whole reſulting not only from much ſtudy, but from actual experience among perſons of every rank and conſtitution. My reaſon for publiſhing this Private Advice is that many perſons would be glad to have the advice of a practical phyſician in this way, on ſo intereſting a ſubject, who, from motives of delicacy cannot conſult me perſonally and the fee which is paid for theſe inſtructions,

prevents

prevents its being publicly proſtituted among the vulgar and licentious; perſonal cleanneſs, neatneſs and elegance, and retiring to bed upon every little occaſion of nature, muſt certainly be diſpenſed with; let flowers, fruits, preſents, compliments and kind attention be conſtantly heaped upon each other; and above all things let ſweet and aromatic ſcents be ever aſcending, day and night, from the body and garments of both huſband and wife, the happy influence of delicate ſcents is aſtoniſhing in forwarding c—n, therefore let plenty of lavender and Hungary water, with cinnamon, orrice root and cloves, mixed with roſe leaves, be ſprinkled and ſtrewed about the bed or room.

Thoſe *ladies*, who would wiſh to become *pregnant*, let me recommend the following never-failing preſcription, which has ſo eminently diſtinguiſhed itſelf in a certain *dutcheſs* who conſulted me perſonally on the ſubject.

Take one handful of red virgin ſage leaves, ſteep them in a bottle of old red port, then drink a glaſs full every morning; repeat it two or three months.

This recipe I hold divine, with regular hours and moderate exerciſe in the cool or open air, whether riding or walking, but walking is to be prefered, with plain and ſimple food and drink, bathing is alſo neceſſary, a *bath*, or a *bideau*, are healthy conveniencies; in caſe of great weakneſs relaxations and debility, the ſea, Briſtol or the German Spa water is preferable, viz. any chalybeate water, or water fully impregnated with fixed air, red wine, briſk cyder, or a ſtrong infuſion of oak or peruvian bark, with roſe-leaves and bohea tea, are extremely uſeful for bathing the private p———ts with; and in caſes of the fluor albus, gleets, or ſeminial weakneſſes, I have found that moſt of the above, with the addition of a little brandy, and a few drops of Goulard's Extract of Saturn, are very ſerviceable; the loins too ſhould be well bathed and rubbed with cold water, or with any of the above mentioned ſtrengtheners.

Thoſe wives and huſbands who ſleep on ſeparate beds, have their health, nerves and ſpirits better and ſtronger than they who ſleep together on warm and ſoft beds which are very unhealthy; the occaſional dalliances of the former are more delicate and divine, and their conjugal embraces more vigorous, genial, and extatic.

Domeſtic muſic, ſinging together, or in turn alſo

alſo ſentimental, philoſophical and religious converſations and intercourſes, eſpecially prayer; which is the moſt elevating and the moſt ſatisfactory of all exerciſes; for after the ſouls of an amiable couple have been ſoftened, illuminated, and filled with love, harmony, and approving peace, by ſuch rational and delightful amuſements their ſouls ruſh together, melting with celeſtial tranſports, and winging their ſoft way through Elyſium, they feel themſelves no longer inhabitants of this lower world. —Let thoſe who value health and ſtrong nerves, drink no tea, *coffee* or *chocolate*, but that which is made of *baum*, *ſage*, *roſemary*, *ſarſaphraſe*; thoſe who wiſh to have children may eat plenty of bread, milk from a young cow, feeding in a clean paſture, butter milk, whey, beef tea, ſome new laid eggs with almond milk, or tent wine and water is exceedingly healthy, as alſo a glaſs of cold water taken night and morning.

Moderation and continency are alſo neceſſary for thoſe who wiſh to be fruitful and happy, let ſimple unprovoked and vigorous nature invite to conjugal rites and pleaſures; let ſuch myſteries be chiefly celebrated after certain periods, and let the interegnum be as long as poſſible; after thoſe myſteries the lady ſhould reſt for an hour in the poſture in which ſhe received the bliſsful effuſion of luſcious love, or on one ſide with her head rather low, and knees and feet bent, ſo as to be perfectly eaſy.

I would adviſe ladies who are too fleſhy and full of blood, and are irregular in their monthly courſes, to abſtain from wine and ſpirits; chalybeate waters, and aloetic medicines; they ought to drink plentifully of water, balm tea, whey, or chicken water, all cold; and to bathe the parts daily with cold water and her feet and legs about the time ſhe expects them, for an hour or two every night in water as warm as new milk; a full tea ſpoonful of beat ſaltpetre, and one of the ſalt of amber, and one ounce of barley-ſugar may be diſſolved in a pint of hot water, and the half of it drank cold at night; ripe fruits are alſo exceeding good; but when a lady is pale, lean, languid any relaxed, a nouriſhing diet, briſk exerciſe, freſh clear cool air, and ſprightly muſic is neceſſary; alſo new laid eggs beat into a kind of thin oil, with wine, water, and ſugar, or liquorice root, gum arabic, linſeed and conſerve of roſes, each three ounces, water a gallon; boil them for a quarter of an hour, and when cold, ſtrain them off and drink half a pint twice a day; chalybeate and wine is exceeding good in this caſe to be prepared and taken as follows: let four ounces of unmixed iron filings, or broken needles, and of ſaffron and cinnamon bruiſed ſmall, each an ounce, ſalt of amber half an ounce, let all be put in a bottle of Champaigne wine, and take a ſpoonful of it twice a day; by a due attention to the above directions, a woman of a ſweet temper

temper and natural good conſtitution, will be ſpeedily built up into a rock of alabaſter, *ſtudded with roſes and ſtreaked with celeſtial blue*, ſhe will be a ſweet, a lovely, a deſirable companion, and the happy mother of a beautiful offspring; in caſes of gleets, relaxations, &c. my balſam is the moſt ſtrengthening medicine in the world when gentlemen and ladies are married rather late in the world; my divine balſam is aſtoniſhingly great; I call it my *divine balſam*, becauſe a noble lady, who by it has brought her lord a ſon and heir, gave it that name; it is a preparation of rich gum, with either æther, electricity, air or magnetiſm; it is of infinite uſe to gentlemen, who are enfeebled, relaxed, and exhauſted by Bacchus, Venus, or mercurial courſes.

During my practice in America, I was agreeably ſurpriſed to find pregnancy taking place in ladies of different ages who had been my Patients in complaints peculiar to the ſex, who had never been pregnant, though married many years: on my return to Europe in 1774, having been conſulted by the huſband of a lady of rank, I had the honour of recommending my medcines, which ſo eſtabliſhed her health, that in leſs than a year ſhe Produced a fine child at fifty years of age, having been married thirty four.

Happy ſhall I be, if I ſhould perſuade any couple to return to virtue, and be the cauſe of fanning the Hymeneal flame, or brace the bands of

virtuous

virtuous love, or be the moral *father* of many an heir to *noble* honours and ample eſtates, which but for me might have been diſſolved in *chaos*.

It is certain that the individual who poſſeſſes the generative faculty at the time of union, gives his or her ſex to the offspring, which ſhould any lady or gentleman chooſe by means of a regimen and electricity, &c they may be gratified; who can explain why the magnetic needle ſhould turn eternally to the North, why pieces of iron rubbed in a certain direction ſhould attract and ſuſpend bodies of enormous weight which comes within, as it were, their atmoſphere, and yet we are certain of the truth of theſe things, let no one ever condemn or ſay any thing that is impoſſible, becauſe we do not comprehend it; ſhould pregnancy at any time not happily enſue, I have a moſt aſtoniſh ing method, to recommend, which will infallibly produce a genail and happy iſſue; I mean my celeſtial or magneto electrical bed, which is the firſt and only one that ever was in the world; it is placed in a ſpacious room to the right of my orcheſtra, which produce the celeſtial fire and vivifynig influence; this brillient celeſtial bed is ſupported by ſix maſſy glaſs pillars with Saxon blue, and purple ſattin perfumed with Arabian ſpices, in the ſtyle of thoſe in the ſeraglio of the Grand Turk.

Any gentleman and his lady deſirous of progeny, and would wiſh to ſpend an evening in this celeſtial

ſtial apartment, after c——n, may, by a compliment of a 50l. bank note, be permitted to partake of the heavenly joys it affords by cauſing immediate conception: accompanied with ſoft muſic; the ſuperior pleaſure and extaſy which the parties enjoy in the celeſtial bed is really aſtoniſhing, and never before thought of in the world: the barren certainly muſt become fruitful, when they are powerfully agitated in the delights of love.

In caſes of langour, in order to brace the parts of *generation*, requeſted to make uſe of the following expedient: mix cold ſpring water with brandy, bathe the parts alluded to twice a day; the fallopian tubes, the womb, and all the parts concerned in c—n, are of a ſpungy vaſcular texture, therefore conſequently ought to be braced in caſes of excoriations or ſoreneſs of the p—e p——ts, rub the parts affected with ſheep's kidney ſuet boiled in new milk; this ſerious medical advice, never before publiſhed, ſhould be reſpectfully attended to, and be regulated by the feelings and good ſenſe of the parties, aſſiſted by a full tide of genial electricity; and as the battle is not always to the ſtrong, nor the race to the ſwift, and providence is pleaſed to withhold from us what we blindly deſire; ſo it becomes us, eſpecially thoſe who wiſh for children, to be exceedingly fervent in prayer, melting our beloved

ed ſouls into one, when the balmy kiſs, at the critical period of extaſy and delight approaches, that ſurpaſſeth all underſtanding.

FINIS.